



Find Your Mind Armour Animal



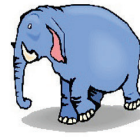
A Quick and Easy Measure to Assess
Your Instinctive Personality



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What Is Your Mind Armour Animal?

Your Mind Armour Animal, whether you know it or not, is in place to protect you, and to keep you safe from physical, financial, professional, emotional, and mental health threats.

Once you feel safe and secure from these threats, you may wish to grow your Mind Armour Animal in order to achieve more success in life. However, whether you are safe or unsafe, want to achieve more success or not, your Mind Armour Animal can be fluid and even volatile, as it's difficult to ring-fence

But be warned, you must keep on top of your Mind Armour Animal, constantly growing it, directing it, and even taming it, in order to maximise its positive impact on you, rather than letting it become a beast of burden

Take this short, yet revealing, Mind Armour Animal Questionnaire to uncover your known and hidden personal strengths, identify your Mind Armour Professional Rating with suggestions for professional improvement, and why being aware of both these components will help you reach your potential in all aspects of your life.

This 10 minute read will help you to finally understand yourself in terms of the impacts of:

- Self-Worth
- Emotional Confidence
- Habits
- Motivation
- Leadership
- Team Dynamics
- Emotional, Mental and Physical Health Awareness

- Appearance
- Other Key Influences

Includes:

1. A measurement grid to reveal your personal Mind Armour Animal
2. A Mind Armour Professional Rating
3. Suggestions for improvement, sustainability and greater success.



Questionnaire to calculate your Mind Armour Animal

Below are 25 questions which identify Mind Armour Animal characteristics. Just tick the ONE description in each box that best describes you:

1

- A More of a follower, but can lead when pressed
- B Definite leader
- C Can be a leader
- D Happy follower
- E Loyal follower
- F More of a leader, but can follow the pack

2

- A Some Independence
- B Highly independent and dictatorial style if pressed
- C Highly independent
- D Dependent
- E Both independent and dependent
- F Fiercely Independent

3

- A Can worry on occasions
- B Deals with worries
- C Can over analyse and worry
- D Prone to worry and inaction
- E Sometimes worries
- F Instinctive non worrier

4

- A Medium self-worth
- B High self-worth
- C Changeable self-worth
- D Average self-worth
- E Good self-worth
- F Not concerned with self-worth



Questionnaire to calculate your Mind Armour Animal - Continued

5

- A High intellect
- B Good intellect
- C Very good intellect
- D Lower intellect
- E Average intellect
- F Niche survival intellect

6

- A Some problem-solving ability
- B Good problem-solving ability
- C Very good problem-solving ability
- D Less problem-solving ability
- E Average problem-solving ability
- F Instinctive problem-solving ability

7

- A Some motivation and determination
- B Good motivation and determined
- C Highly motivated and determined
- D Lower motivation and determination
- E Average motivation and determination
- F Survival motivation and determination

8

- A Not aspirational
- B Very aspirational
- C Excessive aspirations
- D Little aspirations
- E Some aspirations
- F Day to day aspirations



Questionnaire to calculate your Mind Armour Animal - Continued

9

- A Loves routine and security
- B Likes routine but does not need security
- C Likes some routine and security
- D Likes some routine and needs security
- E Likes routine and security
- F Loves routine but does not need security

10

- A Can be sociable on occasions
- B Can be very sociable
- C Can be very highly sociable
- D Good sociability
- E Average sociability
- F Sociable within own group

11

- A Very good support systems
- B Strong support systems
- C Few support systems
- D Some support systems
- E Good support systems
- F Minimal support systems

12

- A Some attention to detail
- B Good attention to detail
- C High attention to detail
- D Less attention to detail
- E Average attention to detail
- F Excellent attention to detail when threatened



Questionnaire to calculate your Mind Armour Animal - Continued

13

- A Takes few risks and prefers certainty
- B Calculated risk taker and does not need certainty
- C Some risk taking but likes some certainty
- D Little risk taking and needs certainty
- E Average risk taking and likes some certainty
- F Instinctive risk taker and does not need certainty

14

- A Mostly non-confrontational but can be stubborn
- B Can be confrontational
- C Usually compliant but can be confrontational
- D Mostly non-confrontational
- E Usually compliant but can be stubborn
- F Confrontational only on survival instincts

15

- A Some awareness of others' needs
- B Less awareness of others' needs
- C High awareness of others' needs
- D Good awareness of others' needs
- E Average awareness of others' needs
- F Little awareness of others' needs

16

- A Emotional and physical well-being is balanced
- B Good emotional and physical well-being
- C Changeable emotional and physical well-being
- D Can neglect emotional and physical well-being
- E Average emotional and physical well-being
- F Does not think about emotional and physical well-being



Questionnaire to calculate your Mind Armour Animal - Continued

17

- A** Can be decisive
- B** Very good consistent decision maker
- C** Can be indecisive
- D** Can be very indecisive
- E** Average decision maker
- F** Ruthless decision maker

18

- A** Little ability to be a self-starter but can take on challenges
- B** Clear consistent self-starter and takes on challenges
- C** Can be a self-starter and deals well with challenges
- D** Not renowned as a self-starter and takes on few challenges
- E** Average self-starter and can take on challenges
- F** Very good self-starter and loves challenges

19

- A** Little focus on appearance
- B** Some focus on appearance
- C** Changable focus on appearance
- D** Consistent focus on appearance
- E** Average focus on appearance
- F** Not interested in appearance

20

- A** Some need for acceptance and accreditation
- B** Some need for acceptance and no need for accreditation
- C** High need for acceptance and accreditation
- D** Good need for acceptance and accreditation
- E** Average need for acceptance and accreditation
- F** No need for acceptance and accreditation



Questionnaire to calculate your Mind Armour Animal - Continued

21

- A Able to finish some projects
- B Able to finish all projects
- C High need to finish all projects
- D Changeable need to finish projects
- E Average need to finish projects
- F Instinctive need to finish projects

22

- A Some self-reflection
- B Little self-reflection
- C Consistent self-reflection
- D Changeable self-reflection
- E Average self-reflection
- F No self-reflection

23

- A Little impulsivity
- B Some impulsivity
- C Prone to impulsivity
- D High impulsivity
- E Average impulsivity
- F No impulsivity

24

- A Some ability to deal with set-backs
- B Good ability to deal with set-backs
- C High ability to deal with set-backs
- D Little ability to deal with set-backs
- E Average ability to deal with set-backs
- F Excellent ability to deal with set-backs



Questionnaire to calculate your Mind Armour Animal - Continued

25

- A Little creativity and adaptability
- B Some creativity and adaptable
- C Highly creativity and very adaptable
- D No creativity and no adaptability
- E Average creativity and adaptability
- F Excellent creativity and adaptability



How to Calculate your Mind Armour Animal

Add up your totals of A,B,C,D and whichever letter has the most responses is your dominant Mind Armour Animal.

Giraffe = A	
Gorilla = B	
Bear = C	
Parrot = D	
Elephant = E	
Dhole = F	



Read the animal descriptors below to find out what each animal represents

The Giraffe = A

The Giraffe stands high and proud above the rest of the animals in the jungle. Many things come easy to the Giraffe as a function of its physique of long legs, solid body, and long neck.

The Giraffe also possesses a keen eyesight and excellent hearing, which helps it avoid danger, whilst allowing the Giraffe to see opportunities.

The Giraffe can eat the freshest leaves high up in the tallest trees, can scan far and wide to see all potential threats, and can often escape danger with a galloping long stride that may look ungainly, but is nevertheless, stealthily quick.

The Giraffe's brain is also effective, and can often learn things pretty quickly, and has a great retentive memory for things that interest it.

The Giraffe is seen as a natural leader, often purely based on its physical size and its brain power. As a result, it has self-worth and can be sociable.

Most things come easy to the Giraffe which means it can get a bit laid back, even complacent with its existence and view on the world. This means the Giraffe rarely gets stressed about anything and lives a life without any major emotional or physical hiccups.

However, on occasions, this complacency can narrow the Giraffe's field of interests, as the Giraffe may often focus on the best odds for success, almost like looking for the things that are dead certs and easy to win. But not to worry, the Giraffe will do whatever it can for an easy life.

This means the Giraffe often fails to develop its resilience to challenges, even though it has the capacity to be a problem solver. But prefers instead just to work on its strengths. Ultimately, this narrow minded, almost lazy approach, may see the Giraffe's ceiling of opportunity disappear. But he doesn't mind that. The Giraffe believes it doesn't need high aspirations when you're at the top of the jungle already. However, when it is confronted, and can't escape, it can sometimes reveal a soft underbelly and be prone to worry and panic. The Giraffe though, has been known, on occasions, to fight a threat directly, but only threats the Giraffe thinks it can win. It's all about the odds again!

Other jungle animals literally look up to the Giraffe, and because of its natural size advantage and superior brain power, the jungle animals rarely challenge the Giraffe, even when they are favourites to win a fight.



Read the animal descriptors below to find out what each animal represents

The Gorilla = B

The Gorilla is seen as the King of the jungle. It is strong and powerful and often can be ruthless in its approach to life. It swings powerfully through the jungle with a sense of ownership. It rarely lets any animal, or anything get in its way. It has strict routines for thriving, loves order and routine. Not known as a highly intelligent thinker, nonetheless, the Gorilla can be creative and streetwise, this allows the Gorilla to assimilate new information and use it to its advantage.

The Gorilla is very competitive, is able to take calculated risks, has high self-worth, can solve problems and rarely backs down from challenges. It uses its powerful physique, bravery and even menace to get results where the end often justifies the means. It thrives on its reputation for making decisions and getting things done.

The Gorilla is aspirational and wants to continually improve its Kingdom and will not rest on its laurels. It has some time for self-reflection but is more intent on pushing forward with its plans to secure a better future.

Keeping in good physical and emotional shape is crucial to the Gorilla as this allows it to dominate its environment. This links into its feelings of high self-worth. When faced with a challenge, the Gorilla demonstrates a full-on necessity to beat that challenge and will not rest until it is the victor.

The Gorilla can be sociable but only on its own terms.

The Gorilla commands the respect of the other jungle animals and lives way above everyone else in the impressive high canopy of the jungle ceiling looking down on most others.



Read the animal descriptors below to find out what each animal represents

The Bear = C

The Bear is similar to the Gorilla in its stature, power, outlook and bravery, but has significant differences. Like the Gorilla, it is seen as a predator in the jungle, but on occasion chooses to pick its battles and can be very self-reflective. The Bear can be occasionally confrontational, even ruthless if pushed into a corner, but often looks for compromise if possible. This compromise does not extend to its aspirations, as it is continually focused on achievement for itself, but will assist others if the opportunity arises.

The Bear is highly motivated and competitive, and never ever gives up on a challenge. Whilst its self-worth is generally high, it can vary. It is very stubborn, and can be an excellent problem solver, which is often a strength. But this can become a weakness as it tires itself out trying to figure out a way to succeed. The Bear is aspirational but can focus too much on the future.

Like the Gorilla, the Bear is not a natural intelligent thinker, but more than makes up for this with its creativity, application and will to succeed. Unlike the Gorilla, who takes daily risks, the Bear will take a risk but only when it is confident of the desired outcome. The Bear doesn't yearn for security but is thankful for it.

The Bear has been through many challenges and setbacks which have shaped its outlook on jungle life. Through these experiences, the Bear has developed a communication empathy with others, and has an ability to engage with other animals without using menace.

The Bear has a tendency to over think and over examine situations. This can lead to emotional frustration which impacts its well-being, especially as it has few support systems.



Read the animal descriptors below to find out what each animal represents

The Parrot = D

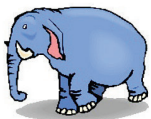
The Parrot has very colourful plumage and is seen as the beautiful beast of the jungle. It has grace, splendour and poise. The Parrot is versatile in its movements as it can fly to the top and above the jungle canopy, and it can also swoop low to the ground. It can use its colourful plumage to either attract a mate, or warn off a potential predator, especially if it uses its high-pitched squeak, which works in both cases!

The Parrot can be a sociable animal, and can communicate with other animals, and is often the centre of attention. This can come naturally to the Parrot, mainly as a result of its initial self-worth, and its natural beauty, but it's self-worth needs to be continually accredited.

The Parrot is not renowned for its brain power, or problem-solving ability, but nonetheless, is never left behind intellectually, as other animals are inclusive to the Parrot. Other animals like its company and are willing to help the Parrot.

The Parrot is a simple animal that likes routine, can take a few small risks, but ultimately likes a set, safe, secure routine with few dangers. The Parrot lives for today and does not think about regrets in later life by adopting this approach.

However, this sense of security, even complacency, coupled with less aspirations, has made the Parrot a little lazy and it can often lack motivation. Ignorance and avoidance are its coping strategies, and this has affected its own attitude to health and well-being.



Read the animal descriptors below to find out what each animal represents

The Elephant = E

The Elephant is a large and heavy animal that can be sociable. They have a herd mentality and live in large families. They are not bullies, but when pressed, or even backed into a corner, they can become quite aggressive.

The Elephant is very strong and determined. It is also known to be very stubborn, especially if it wants its own way or feels unjustly threatened. This can be a strength, but a continued defiance against mounting contrary evidence to its belief, can become a serious weakness.

They are not known for their natural intelligence or quick thinking, but given time and space, can usually work things out. The Elephant isn't really aspirational but can aspire when motivated through its stubbornness.

Generally, the Elephant is a good plodder, and eventually completes tasks, often with support from others. It is very reliable, dependable and polite, all of which make it a great team player, but only when it's not being stubborn. Not known for its attention to detail, it can assimilate knowledge and make decisions.

The Elephant might be slow to embrace change, and slow to adapt initially, but can get onside with the understanding and guidance from others. Once in this steady, productive state, the Elephant is happy to go with the flow and is always goal and team focused.

The Elephant can sometimes worry but has good self-worth.

The secret to maximising the Elephant is to get it onside early and give support consistently if required. The Elephant is then a good ally and an asset to the group.



Read the animal descriptors below to find out what each animal represents

The Dhole = F

The Dhole is a wolf type animal that is a true pack type creature. It thrives on belonging to its own group and can be very proactive and determined collectively searching for its prey.

It is very quick and nimble, and has enormous amounts of energy and stamina, qualities which eventually allow it to survive and then thrive in the jungle.

The Dhole possesses a real streetwise type of intellect, and can quickly assess and adapt to a situation, deciding almost instinctively if the situation is a threat or an opportunity. As such, it is an instinctive problem-solver and loves challenges.

The Dhole has no room for stubbornness and rarely backs itself into a corner. Each decision it makes is based on outcomes, rather than personal pride. This makes it a feared animal to its prey and also to its predators.

The Dhole has little time for self-reflection, is not really concerned for others' needs, doesn't think about self-worth, isn't really sociable except within its own group, rarely worries and acts almost exclusively on instincts and experience. It has a high attention to detail as the Dhole's livelihood depends on it.

The Dhole is highly motivated to survive, but often has few aspirational qualities beyond the current day, as it lives in the now.

Often one of the smallest jungle animals, it is rarely afraid. Its pack support, energy, decision-making and bravery make it a natural survivor.



Quick Glance Mind Armour Animal



Giraffe

More of a follower but can lead
when pressed
Some Independence
Can worry on occasions
Medium self-worth
High intellect
Some problem-solving ability
Some motivation and determination
Not aspirational
Likes routine and security
Can be sociable on some occasions
Has support systems
Some attention to detail
Takes few risks and prefers certainty
Mostly non-confrontational but
can be stubborn
Some awareness of others' needs
Emotional and physical well-being
is balanced
Can be decisive
Little ability to be a self-starter but
can take on challenges
Little focus on appearance
Little need for acceptance
and accreditation
Able to finish some projects
Little self-reflection
Little impulsivity
Some ability to deal with set-backs
Little creativity



Gorilla

A definite leader
Highly Independent and dictatorial
style if pressed
Deals with worries
High self-worth
Good intellect
Good problem-solving ability
Good motivation and determined
Very aspirational
Likes routine but does not
need security
Can be very sociable
Has strong support systems
Good attention to detail
Calculated risk taker and does not
need certainty
Can be confrontational
Less awareness of others' needs
Good emotional and physical
well-being
Very good consistent
decision maker
Clear consistent self-starter and
takes on challenges
Some focus on appearance
Some need for acceptance
and no need for accreditation
Able finish all projects
Some self-reflection
Some impulsivity
Good ability to deal with set-backs
Some creativity



Quick Glance Mind Armour Animal



Bear

Can be a leader
Highly independent
Can over analyse and worry
Changeable self-worth
Very good intellect
Very good problem-solving ability
Highly motivated and determined
Excessive aspirations
Likes some routine and security
Can be very highly sociable
Has few support systems
High attention to detail
Some risk taking but likes some certainty
Usually compliant but can be confrontational
High awareness of others' needs
Changeable emotional and physical well-being
Changeable decision maker
Can be a self-starter and deals well with challenges
Changeable focus on appearance
High need for some acceptance and accreditation
High need to finish all projects
Consistent self-reflection
Prone to impulsivity
High ability to deal with set-backs
High creativity

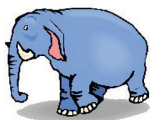


Parrot

Happy follower
Dependent
Prone to worry and inaction
Average self-worth
Lower intellect
Less problem-solving ability
Lower motivation and determination
Little Aspirations
Likes some routine and needs security
Good sociability
Has strong support systems
Less attention to detail
Little risk taking and needs certainty
Mostly non-confrontational
Good awareness of others' needs
Can neglect emotional and physical well-being
Can be indecisive
Not renowned as a self-starter and takes on few challenges
Focus on appearance
Need for acceptance and accreditation
Changeable need to finish projects
Changeable self-reflection
No impulsivity
Little ability to deal with set-backs
No creativity



Quick Glance Mind Armour Animal



The Elephant

Loyal follower
Both independent and dependent
Sometimes worries
Good self-worth
Average intellect
Average problem-solving ability
Average motivated and determined
Some aspirations
Likes routine and security
Average sociability
Good support systems
Average attention to detail
Average risk taking but likes some certainty
Usually compliant but can be stubborn
Average awareness of others' needs
Average emotional and physical well-being
Average decision maker
Average self-starter and can take on challenges
Average focus on appearance
Average need for acceptance and accreditation
Average need to finish projects
Average self-reflection
Average impulsivity
Average ability to deal with set-backs
Average creativity and adaptability



The Dhole

More of a leader but can follow the pack
Fiercely independent
Instinctive non worrier
Not concerned with self-worth
Niche survival intellect
Instinctive problem-solving ability
Survival motivated and determined
Day to day aspirations
Loves routine but does not need security
Sociable within own group
Minimal support systems
Excellent attention to detail when threatened
Instinctive risk taking and does not need certainty
Confrontational only on survival instincts
Little awareness of others' needs
Does not think about emotional and physical well-being
Ruthless decision maker
Very good self-starter and loves challenges
Not interested in appearance
No need for acceptance and accreditation
Instinctive need to finish projects
No self-reflection
No impulsivity
Excellent ability to deal with set-backs
Excellent creativity and adaptability



Less Dominant Mind Armour Animal

Often, we have a less dominant Mind Armour Animal, which sits below your dominant Mind Armour Animal, but which can also influence it. To find your less dominant Mind Armour Animal, identify the animal with the second highest number of ticks.

You may have two or even three equally dominant Mind Armour Animals.



Peer Review Exercise

If you wanted further evidence of your dominant and less dominant Mind Armour Animal, you may wish for a trusted other to answer the 25 questions on your behalf. We can know ourselves well, but often it's our peers who know us better than we know ourselves.

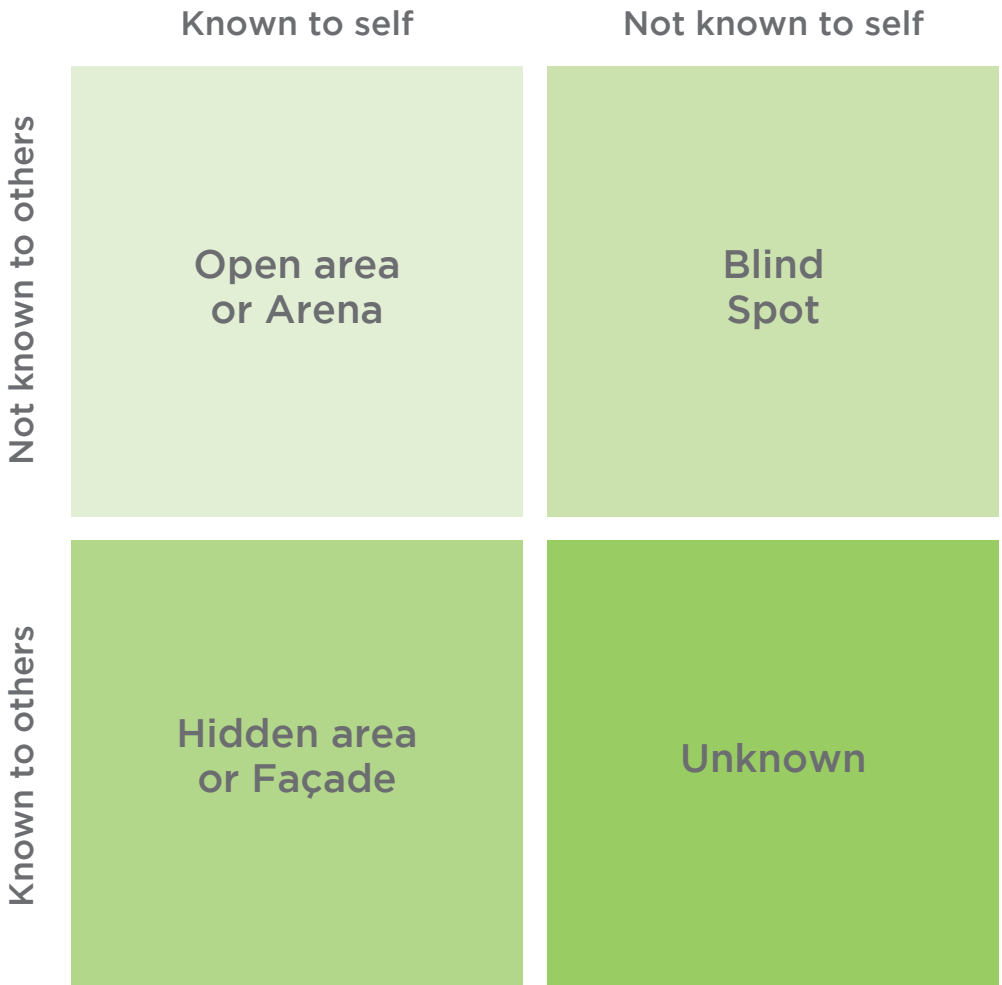
Peer Reviewed Mind Armour Animal - Dominant

Peer Reviewed Mind Armour Animal - Less Dominant

Comments here



The Johari Window Model





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With a trusted friend make note of your strengths and weaknesses in each of the four boxes

Known to self

Not known to self

Not known to others

Known to others



Trainer:

Ross McWilliam

BA (Hons), MSc,
PGCE, Dip Man

Biography

Ross McWilliam has been working with children, young adults and senior professionals for over 30 years and has probably changed the lives of one million people via his formal teaching, business employment, training, coaching, keynote speaking, national/regional media interviews, education articles and mindset books publications.

The two things that have always driven him are his need to reach his own potential and his desire to facilitate change in others, so others too can reach their own potential.

Now in his 60's, Ross has no plans to retire, is constantly learning, and continues to duel with his physical, emotional and professional challenges – a quality that helps him relate to others in need of positive change.



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Tel: 07771 916 788

Email: email_ross@rossmcwilliam.com

www.mindsetpro.co.uk